MO ACT NEWSLETTER

Assertive Community Treatment

ISSUE 23 SUMMER-2019

Burrell Behavioral Health
Columbia TAY Team
Columbia TAY-BH/DD Team
Sedalia TAY Team
Springfield Adult Team
Springfield TAY Team
Springfield IMPART Team

BJC
St. Louis TAY Team

Compass Health
Nevada Adult Team
Raymore TAY Team
St. Charles Crider TAY Team
Jefferson City Metro TAY Team

Family Guidance Center
St. Joseph
Adult Team

Ozark Center
Joplin
Adult Team
TAY Team

Places for People
St. Louis
Adult teams:
ACT 1 Team
Home Team
IMPACT Team
FACT Team

Preferred Family Healthcare
Hannibal
TAY-ITCD Team

St. Patrick Center
St. Louis
Adult Team

Hopewell
St. Louis
TAY Team

INSIDE THIS ISSUE:

New DMH Standards	2
New Faces	3
Tips & Tools	3
Spotlight	4
TMACT corner	4
Resources, Team map & DMH contacts	5
	6
TMACT	6
The Arts	7

Hello from DMH

It has been a great year with many important training opportunities for members of ACT teams. One of these included an "as promised" training for Co-occurring Specialists. David Lynde and Christine Powers presented Integrated Treatment for Co-Occurring Disorders, live in Jefferson City on June 5-6. Also follow up webinars are scheduled for July 25 and October 10 with further topics related to Co-Occurring Disorders. The training was a hit with many in attendance from ACT teams including Team Leaders, Co-Occurring Specialists, CSSs, therapists and others. Topics covered included stages of change, motivational approaches, counseling techniques and more. Practical information to help our ACT individuals with both mental health and substance use needs was provided in a fun, practical, engaging and educational package. We highly value the help and wisdom of David and Christine and look forward to many more years of their guidance and support in IMR, SEE and ITCD principles which are so key to ACT services.

Thank you David and Christine!

NEW DMH STANDARDS AFFECTING ACT TEAM LEADERS

DMH Certification Standards have revised language in the amended rules. Once the rule becomes effective (this date is pending and we will keep teams informed) a team leader that is not qualified according to this will need to show proof to the department that they are actively working to become provisionally licensed or seek a waiver to the rule.

The new language of a qualified ACT team leader will read: (D) A team leader who is a licensed or provisionally licensed qualified mental health professional (QMHP) as defined in [9 CSR 30-4.030(2)(HH]9 CSR 10-7.140 that is full time with one (1) year of supervisory experience and a minimum of two (2) years experience working with adults and/or transition-age youth with a serious mental illness or severe emotional disturbance in community settings…

After the new standards are approved and effective, someone seeking a waiver will do so by contacting Lisa Limbach at lisa.limbach@dmh.mo.gov in the General Counsel's office of DMH for instruction on what to include in an information packet. If/when the waiver is granted, the individual will receive a letter stating approval. The letter will need to be in their personnel record as proof of eligibility for the position.

We are surveying teams currently to assess how many leaders may be qualified or moving to seek waiver. Please stay tuned for more information on this development.

MISSOURI DEPARTMENT OF MENTAL HEALTH

To find past issues of the ACT Newsletter, go to the DMH—ACT page at: http://dmh.mo.gov/mentalillness/provider/act.html

Scroll down to "newsletters" and find your archived online copy!

NEW FACES AND TEAMS!

Burrell Adult Team Springfield:
Dennis "Clay" Keeney—Team Leader
Melissa Summers—CSS

Compass ACT-TAY Crider:
Kimberly Crawford—Peer Specialist

Compass ACT-TAY Raymore/Belton:
Alyssa Chandler—RN
Tammy Davidson—Therapist/Co-Occurring Specialist

Ozark Center Adult Team:
Sheila Hart—Prescriber

Places for People ACT 1 Team:
Natasha Ceballos—CSS
Veronica Stiebel—Occupational Therapist

Places for People Home Team:
Kendra Walker—SEE Specialist

Places for People—IMPACT Team:
Nia Thompson—Program Assistant
Shanika Eli—CSS
Douglas Coaston—Peer Specialist

Preferred TAY Team:
Dallas English—SEE Specialist
Whitney Schmobe—Co-Occurring Specialist
Deanna David—Program Assistant
Joyce Prough—Prescriber

ACT Tips & Tools of the Trade

Missouri ACT is on the web!

http://dmh.mo.gov/mentalillness/provider/act.html

ACT teams must strive to operate efficiently and effectively—like a "well oiled machine" day to day. What barriers may exist to smooth sailing on your team? Is the office set up with proper equipment for operations to flow? Do you have the space you need for groups, meetings, events or additional staff? Would a client and their family feel welcomed and in the presence of a team that is competent and effective—able to provide quality services?

These questions are imperative for teams to ask themselves and assess their situation. Teams must voice needs and concerns within their agencies if barriers exist.

Additionally, does the team attend to the morale of members, looking for ways to boost it or to measure the "temperature" of the team? Does the team use methods such as brightening up the atmosphere of the office, taking time to celebrate events, award each other or clients, or scheduling time away from the office as a group? Often times the team's Program Assistant is assigned to attend to these types of key needs of the team.

What can your team do to ensure the "little things" are done that actually mean a lot to morale, flow and effectiveness of services for individuals served within the team?

Lastly, are there relationships the team should be building with other programs in the agency that share the same philosophies as the evidence-based practices used on an ACT team? Programs such as IPS, ITCD, counseling teams or other similar types of treatment teams may offer opportunities for shared trainings, comradery and a place to coordinate and collaborate ideas for quality care.

Part of "taking care" of your team means considering these needs of the team!

TEAM MEMBER SPOTLIGHT

Name: William Newsome

Team/Location: Home Team/Places For People St. Louis

Position/Role: Substance Use Specialist/ Educating persons served in all aspects of substance use (MAT, coping skills, harm reduction and more)

Favorite thing about working on ACT team: Working with people dealing with Co-occurring Disorders who have in my opinion fallen through the cracks of the system, in hopes they gain the understanding of the damage that self medicating does to their mental health.

Favorite Food: Spaghetti

Something to share with other ACT teams: One of the tools I use is harm reduction. I use this in two ways the most, one way is with those who drink a lot of beer. I have introduced four of my persons served to non-alcoholic beer. They have not completely stopped drinking regular beer all together, but they have reported drinking it less. The second way is for every negative statement they give, I require they give two positive statements. This helps reduce negative thinking.

For resource information on Supported Employment and Education services for Transitional Age Youth, visit the DMH website:

http://dmh.mo.gov/mentalillness/transitionageyouth.html

TMACT Corner

TMACT 1.0 Revision 3

ST1. Co-Occurring Specialist on Team

Definition: *The team has at least one FTE team member designated as a co-occurring disorders (COD) specialist who has at least a bachelor's degree and meets local standards for certification as a co-occurring specialist. Preferably this specialist has training or experience in integrated treatment for COD.*

Rationale: *Co-occurring disorders are common in persons with severe mental illness. Appropriate assessment and intervention strategies delivered by competent staff are critical. As a result it is essential to include a dedicated position to lead these strategies.*

If you're team has a qualified, full time specialist and who is operating 80% of their time from their specialty of providing co-occurring treatment during visits or contacts with clients, then you will likely receive a "5" on this fidelity item.

Qualifications include the above definition plus the DMH CSRs at https://s1.sos.mo.gov/cmsimages/adrules/csr/current/9csr/9c30-4.pdf (9 CSR 30-4.0432 Assertive Community Treatment Programs, (5)(E)1., 2. and 3.

You can receive ACT specific technical assistance from DMH staff. They are happy to assist!

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Follow PACTwise team solutions ' blog for interesting articles written by fellow ACT staff with over 30 years' experience in the field at: https://pactwiseblog.com/

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RESOURCES

Center for Evidence-Based Practices at Case Western Reserve University

http://www.centerforebp.case.edu/

Dartmouth Supported Employment Center

http://www.dartmouthips.org/

Individual Resiliency Training (IRT)

https://raiseetp.org/studymanuals/IRT%20Complete%20Manual.pdf

Certified Peer Specialist

https://dmh.mo.gov/mentalillness/PeerSupportServices.htm

Copeland Center for Wellness and Recovery

http://copelandcenter.com/wellness-recovery-action-plan-wrap

SSI/SSDI Outreach, Access and Recovery (SOAR)

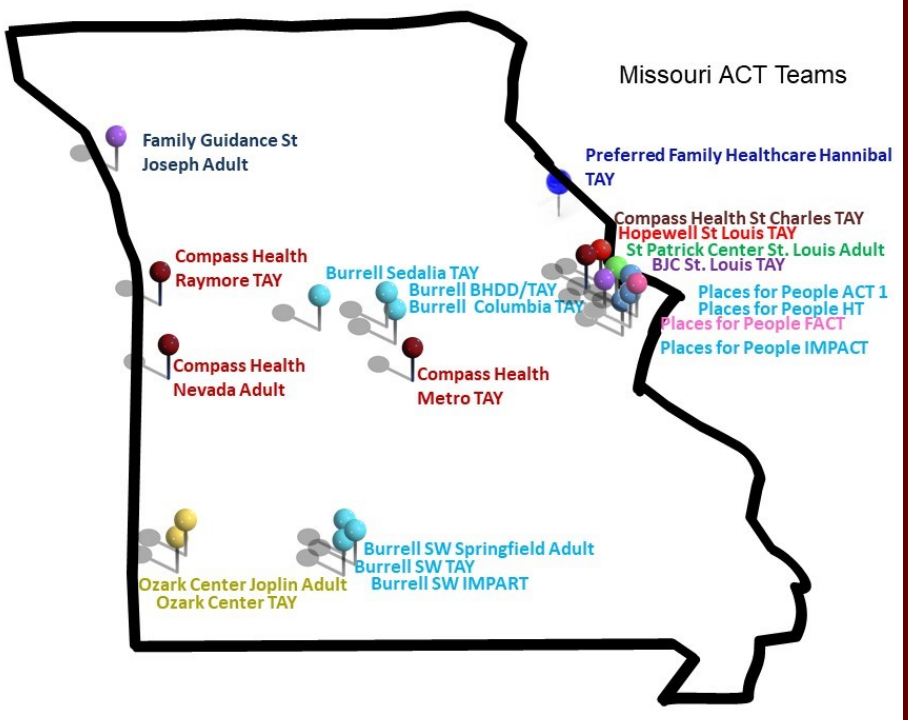
http://soarworks.prainc.com/

Division of Behavioral Health Employment Services

http://dmh.mo.gov/mentalillness/adacpsemploymentservices.html

Missouri Recovery Network

www.morecovery.org



DBH
Division of Behavioral Health

Missouri Assertive Community Treatment Newsletter

Issue 23

Summer 2019

To access the free and downloadable Supported Housing Toolkit on the Substance Abuse and Mental Health Services Administration (SAMHSA) website:

CLICK HERE

Take the free **SOAR online training course** by visiting

http://soarworks.prainc.com/course/ssissdi-outreach-access-and-recovery-soar-online-training

E-IMR training reminder:

July 9 - DMH Office: 1101 Weber Rd., Farmington

July 11 - Burrell Behavioral Health: 1300 E. Bradford Parkway, Springfield, Building B – Theater

July 31 - DMH Central Office: 1706 E. Elm St., Jefferson City, Conference Room B

August 27 - The Dome: 5300 Arsenal St., St. Louis

**Review IMR philosophy & principles*
**Learn differences between IMR and enhanced IMR*
**Review Key Elements of 11 E-IMR Modules*
**Discuss vital E-IMR Staff Interventions*

Seating is limited. Please email bobbi.summers@dmh.mo.gov to sign up for training.
Registrations due one week before training. Lunch is 12-1 on your own.

TMACT Revision 3

Hard to keep up with exactly what has changed? We understand. We created this **Q&A** to explain changes made since TMACT 1.0 Revision 1. We also recorded a webinar for you! Part I is nearly 2 hours long and takes you up until about EP6. Part II is about 45 minutes, finishes up with the review AND gives you a sneak peak into eTMACT. PowerPoint Handout here.

Part I (nearly 2 hours):
https://attendee.gotowebinar.com/recording/3949706742188054274
Part II (45 min. long AND includes sneak peak at eTMACT):
https://attendee.gotowebinar.com/recording/6898709078069390338

TMACT Part II : http://www.institutebestpractices.org/tmact-fidelity/more-about-the-tmact/

Arts & Literature

Expression

Creativity

Painting by: DM—
Sedalia ACT Team

SUBMIT YOUR CLIENT ART, POETRY, PHOTOS, TESTIMONIALS, SHORT STORIES, PHOTOS OF PAINTINGS, SCULPTURE, ETC.—TO LORI.NORVAL@DMH.MO.GOV

A million words unspoken as I gaze into your eyes... silently I sit immobile and terrified... scars tightly tugging on my battered heart as it swiftly beats faster trying to remind me that I'm still alive.. the what if's are racing in and out of my mind.. what if you leave me bleeding as I realize I'm permanently blind.. blinded by the fantasies of the fragmented pieces of reality that I poured glue on to so desperately create a bind.. what if I cannot build this home my heart is longing for.. the life I have been longing for is locked behind that door.. the door with a millions bricks stacked high in front of it.. gas lighting and double binding shatter the vulnerable walls made of glass so beautifully transparent... holes left where the walls were built and now plywood repairs the walls that love once wrecked... paint a mural on these walls.. make them beautiful again.. make my soul dance with proof that love exists.. bitterness is not my name... divorce is not my shame... my life is but pottery with the cracks filled with gold.

Written by: Vanessa Merrill, Peer Specialist, Ozark Center